Good news for homemakers

Watch the nutritional value of packed lunches

By SHIRLEY W. WALTON
Extension Agent

Mothers who are packing lunches for school children this year should pay close attention to the nutrition that goes into the lunchbox or bag.

At the same time, remember that variety is the spice of life. No one loves to eat the same sandwich day after day. Even though peanut butter is the "All-American" favorite with children, they also like surprises.

Planning lunches that use the basic four food group assures good nutrition. For the milk group, include cheese for sandwiches, or in sticks, cubes or as a dip for crackers, fruits or vegetables. As the days cool down, fill a thermos with hot cream soup or hot chocolate.

Meat can be included in a sandwich or soup, stew or chili con carne. Cooked dried beans can be used as a meat substitute because they contain considerable protein.

Fruits and vegetables will add color and texture to the lunch as well as fiber. These items will help make the lunch more attractive. Pack lettuce and tomatoes separately to be added to sandwiches just before eating. Both can cause the bread to become soggy. Raw carrots, celery, zucchini, broccoli, cauliflower or turnips can be used as dippers in a cheese, peanut butter or bean dip (a real favorite of many children is celery with pimento cheese or peanut butter added).

Breads and cerals can be included in the form of bread or rolls for sandwiches, crackers for dips and cheese, or oatmeal cookies and cakes.

Since lunches usually wait four hours or so to be eaten take extra caution to insure the safety of food. First make sure that lunch boxes and thermos bottles are very clean, then rinse with boiling water. Cook food thoroughly. If it is meant to be eaten hot, keep it hot. If it is meant to be eaten cold, keep it cold. Bacteria thrives at temperatures between 45° and 115°F.

Vacuum bottles can be used to keep liquid and semi-liquid foods hot or cold.

Most sandwiches can be made ahead and frozen and will thaw out just in time for lunch. A good suggestion for saving time on school mornings is to make a week's supply of sandwiches for your family, freezing them individually, and then all you need to do is pull them out of the freezer and place them in the lunchbox. The sandwich not only stays fresh this way but it also helps to keep the rest of the lunch cool.

In handling apples and pears, the night before slice them into 1 quart of water with 1 tablespoon of salt added. Toss the fruit slices gently in the water, drain thoroughly and put in plastic bags. This will keep the fruit from browning.

Lunch boxes, especially the insulated ones, hold the cold much better than paper bags; however, if the familiar brown bags are bought specifically for lunches, use them only once. Don't reuse the bags that are being used to bring groceries home from the store or bags that brought home lunch left-overs from school. Bacteria can be in these bags and grow and contaminate your lunch.

I hope the information will be helpful to you mothers as you pack your children's lunch this year.

Should you have a homemaking question or problem, you may call us at 352-8244 or write us at P. O. Box 488, Appomattox, Va. 24522. Have a good week.

HUMMINGBIRD CAKE

3 cups all purpose flour
2 cups sugar
1 tsp. salt
1 tsp. soda
1 tsp. ground cinnamon
3 eggs, beaten
1 ½ cups vegetable oil
1 ½ tsp. vanilla
1 (8oz.) can crushed pineapple (undrained)
2 cups chopped pecans or walnuts divided
2 cups chopped bananas
cream cheese frosting

Combine dry ingredients in a large mixing bowl; add eggs, and oil stirring dry ingredients until moistened. Do not beat. Stir in vanilla, pineapple, 1 cup chopped nuts and bananas. Spoon batter into 3 well greased and floured 9" cakepans. Bake at 350° for 25 to 30 minutes or until cake tests done. Cool in pans 10 minutes and remove. Frost. Sprinkle with remaining pecans.

Cream Cheese Frosting:
1 (8oz.) package cream cheese
½ cup butter or margarine (softened)
1 (16 oz.) package confectioners sugar
1 teaspoon vanilla

Combine cream cheese and butter, cream until smooth, add sugar, beating until light and fluffy. Stir in vanilla. (Enough for a 3 layer cake)

Thanks to Betsy Keaton for sharing this delicious cake recipe with us.

HARVEST TIME WAS EXPLORED by members of Mrs. Braunsdorf's class at Appomattox Elementary School, who constructed "Mr. Seedbrain," shown above. Class members include Dwayne Ferguson, Randy Ferguson, Megan O'Donnell, Karena Jaggers, Chris Barr, Janet Totty, Nancy Trent, Julie Youngblood, Celeste Haskins, Wilson Randolph, Lisa Woodall, Jeff Garrett, Susan Linkous, and Kelly Christin. The name for the pumpkin man was suggested by Keshia Haksins.

Five students get SDAHSS recognition

The Society of Distinguished American High School Students announced today that 5 students from Elon Baptist Church are to be included in its membership for 1981.

The Society, one of the most selective high school honoraries in America today, accepts only students nominated by their sponsors. To be nominated, students must excel in academics, extracurricular, or civic activities.

Students awarded this honor include: John F. Jimison, Keith Dickerson, Tommy Williams, Jean Thomas, Sarah Elam.

Tommy Williams, Jean Thomas, Sarah Elam.

The student's sponsor, the Rev. Danny Owens received a National Appreciation Award from the Society for "being dedicated to the encouragement and assistance of students." One of the Society's goal is to make membership an encouragement for top performance on the secondary school level.

Unique in concept, the Society has combined this honor with its National Awards Program which earmarks college scholarships for Society members. This program, now in its thirteenth year, is funded by over 100 American colleges. It also preserves the honor by listing the students and their biographies in an annual Membership Registry.

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Happiness is 4-H

By FRANK H. SWEET
Extension Agent

4-H officer training for the newly elected 4-H officers at Appomattox Elementary School will be held today (Wednesday) after school. Many of the 4-H Teen Leaders will be helping with the officer training workshop. Over 100 new 4-H officers will receive help in understanding their responsibilities.

* * *

A new 4-H Dark Tobacco project will be introduced this fall for 4-H'ers who are involved in growing Dark Fired tobacco. Under the project, 4-H'ers are required to raise a minimum of .3 acre or a maximum of one acre. The project will begin with plant bed preparation this fall and winter, and end when the crop is sold in the winter of 1982-1983. The Virginia Dark Fired Tobacco Commission will be sponsoring special cash awards in this new program. Appomattox 4-H'ers will sign up for the program prior to the time they will begin work on their plant bed.

* * *

The Virginia State Fair is being held in Richmond this week. The State Fair will end on Saturday, October 3. Many exhibits are on display at the State Fair that would be enjoyed by the entire family.

* * *

A reminder to all adult leaders of the District Leaders meeting to be held Saturday, October 3, at Holiday Lake 4-H Center from 9:00 a.m. until 3:00 p.m. The program will include a session on 4-H Achievement Records and a panel discussion on "Insurance, Legal and Tax Problems and Opportunities." A registration and luncheon fee of $4.50 will be charged. All volunteers are invited to attend.

* * *

The theme for this year's National 4-H Week (October 4 - 10) will be "Pathways to the Future" which is certainly appropriate as 4-H strives to help young people discover new pathways for themselves through its many projects and activities.

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Home of the Week

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COLONIAL RANCH PLAN WASTES NO MONEY

FEATURE HOMES
© By W.D. Farmer

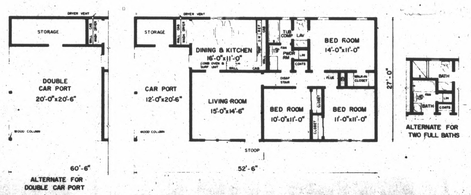
The small stoop entry is direct to large square living room which is extra functional for furniture placement.

The kitchen encorporates dual dining and breakfast space, access to single or double car port and laundry facilities. Kitchen cabinets are L-shape and food preparation area is not crowded. Built-in appliances are indicated and storage space is excellent.

The three large bedrooms are comfortably sized and have good access to compartment bath with powder room and linen storage. Or, if you prefer, two full baths (one with shower) can be incorporated. Closets are equal in two front bedrooms and walk-in closet is shown for master bedroom.

The exterior style is Colonial ranch, accented by horizontal siding, offset gable roof and a front porch with four columns. Front wall changes for B front pictured will be shown on actual working drawings.

The plan is number 167B, and includes 1,116 square feet of heated area. All W.D. Farmer plans include special construction details for energy efficiency, and are guaranteed to meet all F.H.A. and V.A. requirements. For further information on plan 167B, write W.D. Farmer Residence Designer, Inc., P.O. Box 49463, Atlanta, Ga. 30359.



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Hollywood News

By MARY BAGBY

One thing have I desired of the Lord that I will seek after, that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in His temple. Psalm 27:4.

Mr. Howard Gilbert is a patient in the Virginia Baptist Hospital. Our prayers are with him and his love ones. May he have a speedy recovery.

We hope Mr. and Mrs. L. L. Webb and Joyce may soon be feeling better. They are sick with virus and colds.

We are very sorry to hear Mr. Terry is suffering with his back. We wish him a speedy recovery.

We are glad to hear Mr. H. W. Jenkins is improving. May he soon be well again. Among those visiting him were Mr. Scott Sheets, Mrs. Bonnie Repass, Mr. Walker Webb, Mr. Richard Webb, Rev. and Mrs. Dan Menser and Rev. Ernie Lucas.

Mr. and Mrs. Scott Bryant, Mrs. Loveline Scruggs, and Mrs. Shirley Carson spent Sunday, Sept. 20 with Mrs. Judd Mason and family of Martinsville and visited Mr. Mason at the hospital there. Our prayers are with him and his love ones. May he soon be better.

Mr. and Mrs. Paul Sheldon of Ohio visited Mr. and Mrs. Scott Sheets recently. Mr. Sheldon is a nephew of Mr. and Mrs. Sheets.

Visiting Mr. and Mrs. Monroe Webb were Mr. and Mrs. Scott Sheets, Mr. and Mrs. Paul Sheldon, Mr. Richard Webb and Mr. Walker Webb.

Mr. and Mrs. Rufus Wingfield spent a few days last week in Appomattox, they were supper guest Monday night of Mrs. W. H. Wingfield and daughter, Julia.

Mr. and Mrs. J. L. Torrence, Jr. of Richmond spent Sunday with his mother, Mrs. J. L. Torrence, Sr.

Mr. and Mrs. Grover Beasley, Jr. spent several days last week at Nags Head, N. C.

Mrs. David Repass and Mr. Walker Webb visited Mr. and Mrs. L. H. Watson, Sr. Tuesday afternoon. Mr. and Mrs. Watson spent Monday night in Waynesboro.

Visiting Mr. and Mrs. Robert Coleman were Mr. and Mrs. Keith Marshall of Lynchburg and Mr. and Mrs. Calvin Smith.

Mrs. Claude Hamlett of Hurt and Mr. Grover Beasley, Jr. visited their mother, Mrs. Virgie Beasley last week.

Supper guest of Mr. and Mrs. Kenneth Deaner and family Sunday were Mr. and Mrs. Richard Huges of Lynchburg.

Rev. Bill Parrish and Mr. Frank Inge of Lynchburg called in the home of Mrs. Madeline Inge last week.

Mrs. Thomas Woodall, Mrs. W. H. Wingfield and Miss Julia Wingfield called in the home of Mr. and Mrs. Rufus Wingfield last week.

Mr. and Mrs. Charles Hanenkrat of Richmond spent Sunday, Sept. 20 with Mrs. M. L. Covington and attended home coming at New Hope Church.

Mr. and Mrs. Andy Davis and Robin visited his mother, Mrs. Phyliss Davis at Scottsville Saturday.

Calling in the home of Mrs. Mary Bagby were Mr. Grover Beasley, Jr., Mr. Alfred Almond, Mr. and Mrs. Rufus Wingfield, Rev. Dan Menser and family, Mrs. Madeline Inge, Mrs. Andy Davis and Robin, Mr. and Mrs. Thomas Woodall and Lisa, Miss Dawn Deaner, Katherine and Julia Wingfield.

Mrs. Thomas Woodall and Lisa visited Mr. and Mrs. Arron Wilson of Darlington Heights Monday afternoon.

GOT SOMETHING TO SELL? Use The TIMES-VIRGINIAN CLASSIFIED ADS

Firemen to compete

Firemen from Campbell, Charlotte, Appomattox and Halifax Counties will get a chance to see who's the best when they compete in the Bookneal Volunteer Firemen's Competition during October-fest on Saturday, October 3.

Firemen will compete for trophies for the most equipped trucks and the best appearing trucks and also in contests of skill.

The festivities Saturday will begin with a parade of fire trucks and antique cars carrying political candidates, who are running for election this November. Also featured will be the William Campbell High School Marching Generals Band. The parade will step off at 10 a.m. Following the parade at about 11 a.m. will be a bandfest featuring local musical groups. The firemen's competition will begin at 1 p.m.

Also, children's games will be held from 11 a.m. until 1 p.m. on the lawn of the Brookneal Community Building on Main St. An antique cars display and show will also be held following the parade at the Brookneal Mini Park on U.S. Rt. 501 and 40.

Visitors to the day's festivities will also be able to enjoy day-long arts and crafts displays and sales featuring the artwork of the Piedmont Art Association and many area craftsmen.

Octoberfest is sponsored by the Brookneal Retail Merchants Association. Concessions and numerous sales booths will be sponsored by local clubs and service organizations.

USE CLASSIFIEDS THEY DO GET RESULTS

Pork eat tickets now on sale

The tickets for the 1982 Virginia Pork Festival will go on sale October 1, 1981. Tickets will be $12.50 each and will be limited to four tickets per person. Tickets may be ordered by writing to the Virginia Pork Festival, Inc., P. O. Box 1001, Emporia, Virginia 23847.

The ticket sales policy for the 1982 Virginia Pork Festival will be as follows:

a. 12,000 tickets will be sold.

b. Ticket orders will be limited to 4 tickets per person.

c. Tickets will be sold by mail only.

d. Tickets will go on sale October 1, 1981.

e. Orders postmarked before October 1, 1981 will not be honored.

f. Orders will be filled on a first come - first serve basis, based on date of postmark.

Each person attending must have a ticket. Should a ticket over-order occur, an alternate sales policy will be decided at the discretion of the Executive Committee.

The Virginia Pork Festival, Inc., is a non-profit promotional/educational organiza t i o n dedicated to the promotion of pork and pork products and to the recognition of the swine industry.

Thornton goes overseas

Marine Cpl. Earl W. Thornton, son of Cliff and Mary E. Jenkins of Route 1, Box 106, Appomattox, Va., has departed on a deployment to Okinawa.

He is a member of the 2nd Battalion, 5th Marines, Camp Pendleton, Calif.

The six-month deployment is part of the Marine Corps' unit rotating program. While on Okinawa, his battalion will be conduction training exercises with the U. S. 7th Fleet and units of allied nations.

A 1976 graduate of Appomattox County High School, Thornton joined the Marine Corps in December 1976.

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